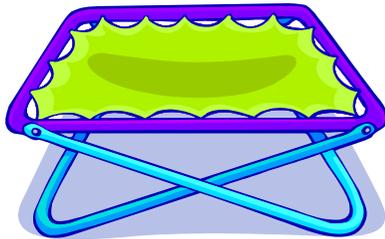


Who cannot use the trampoline?

Rebound therapy is unsuitable for some medical conditions for example; Atlanto-axial instability as with Down's Syndrome, risk of detached retina, and brittle bones.



Where are we?

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A guide to Rebound Therapy



Information for Parents/Guardian

What is Rebound Therapy?

Rebound therapy is the use of the trampoline as a way to provide therapy for children.

It is not the same as gymnastic trampolining. Rebound therapy uses the physical properties of the trampoline to promote specific skills.

A rebound programme will be devised by a rebound therapist.

Who is suitable for Rebound Therapy?

Children with a wide range of abilities can enjoy Rebound Therapy. Rebound programmes are specific to each child and the most suitable activities are selected following a thorough assessment. Rebound therapy can be adapted according to the needs of each child.

Before commencing a block of Rebound Therapy it is necessary to have parental and medical permission.

What are the benefits of Rebound Therapy?

It is a great way to exercise as it can assist the child who has difficulty moving independently on solid ground.

- Challenges the children who are highly independent to develop their physical abilities further.
- Improves co-ordination and balance – which are both important developments.
- Increases confidence levels and self esteem.
- Motivates children as the emphasis is on 'play' not 'work'.
- Promotes greater body awareness and control.
- Helps to develop attention, listening, speech and language skills all of which are essential for social integration.
- Affects muscle tone, which promotes better posture.